

# Debunking the Myths About

*The hidden truths about a disease affecting millions of Americans of all ages.*

# Arthritis



**W**HEN CAITLIN RYAN WAS 3 YEARS OLD, *her parents, Colleen and David Ryan, noticed that one of her knees appeared slightly swollen. “We didn’t think much about it because she wasn’t complaining,” Colleen recalls of her bubbly, always-on-the-go toddler. “We thought maybe she’d fallen off her tricycle and bumped it.”*

A few days later, Caitlin began asking to be carried everywhere, a habit her parents first chalked up to her only-child “princess” status. But when Caitlin developed a 104-degree fever, the Ryans grew worried. They rushed Caitlin to an urgent care facility, where doctors diagnosed influenza and recommended an over-the-counter fever reducer.

Within days, however, a new and more frightening constellation of symptoms began to appear. Caitlin grew lethargic, developed a rash, and became unable to walk or turn her neck. She was in unrelenting pain. In the hospital, doctors frantically conducted a series of blood tests, x-rays, bone scans, and other imaging examinations to rule out meningitis, heart problems and leukemia. Their observations finally

pointed to another diagnosis: systemic juvenile idiopathic arthritis.

Arthritis? How could a disease that most people associate with benign aches and pains bring their beloved child so much heartache, her parents wondered. How could arthritis have turned their lives upside down?

It’s the question people with arthritis and their loved ones have been asking since arthritis was first recognized thousands of years ago. That’s because, depending on its type and severity, “arthritis can go far beyond minor aches and pains,” says Patience White, M.D., a pediatric rheumatologist and the vice president of public health for the Arthritis Foundation. Despite the profound impact it has on many families, however, myths about the disease abound.



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\*WKH Data 2010. Survey of orthopedic surgeons.  
\*\*Use as directed for minor arthritis pain.  
†Comparison to Extra Strength Tylenol based on minimum label dosing for 24 hours.  
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OSTEOARTHRITIS



RHEUMATOID ARTHRITIS



LUPUS ERYTHEMATOSIS



GOUT



FIBROMYALGIA

## Myth N° 1

*All kinds of arthritis are alike.*

**FACT** *Arthritis comprises more than 100 conditions.*

Arthritis is loosely defined as any condition that causes inflammation of the joints. It can have many causes, depending on the form it takes, and is sometimes associated with other ailments. For example, new research shows that people with diagnosed diabetes or heart disease are more than twice as likely to have arthritis. The most common types of arthritis include:

**OSTEOARTHRITIS**, which results from the wear and tear on or injury to cartilage—the part of a joint that cushions the ends of the bones and allows easy movement. Some 27 million people in the U.S. are officially diagnosed with osteoarthritis, but many more probably suffer from it. Despite its reputation as a disease of older people, it can affect those of any age. Overweight and obese individuals are more likely to have osteoarthritis, but history of joint injury and hereditary factors also play a role.

**RHEUMATOID ARTHRITIS (RA)**, an autoimmune disease, one of a group of diseases that occur when the body's tissues are mistakenly attacked by their own immune system. RA is characterized mainly by inflammation of the synovium, or lining, of the joints. An estimated 1.5 million people in the U.S. have RA. Juvenile arthritis is similar to but not the same as RA and occurs in children 16 years of age and under.

**SYSTEMIC LUPUS ERYTHEMATOSIS**, an autoimmune disorder closely related to RA. Lupus can damage one's joints, skin, blood vessels, lungs, kidneys, heart and brain. It affects as many as 322,000 U.S. adults. Lupus is a chronic disease that tends to have flares and remissions. Although SLE is not considered curable, people

with lupus can enjoy periods of extended remission with virtually no clinical activity.

**GOUT**, which occurs when a buildup of uric acid in the body causes crystal-like deposits to travel to the joints. Areas affected are swollen, red and sore. Gout affects about 3 million adults in the U.S.

**FIBROMYALGIA**, an increasingly recognized illness that is characterized by widespread musculoskeletal aches, pain and stiffness, soft-tissue tenderness, general fatigue and sleep disturbances. According to the national Fibromyalgia Research Association, the most common sites of pain include the neck, back, shoulders, pelvic girdle and hands, but any body part can be involved. Fibromyalgia patients experience a range of symptoms of varying intensities that may wax and wane over time.

## Tips for Protecting Your Joints



*Protecting your joints may help you prevent osteoarthritis and the pain associated with the disease.*

- 1** Maintain your ideal body weight. The more you weigh, the more stress you are putting on your joints, especially your hips, knees, back and feet.
- 2** Move your body. Exercise protects joints by strengthening the muscles around them. Strong muscles keep your joints from rubbing against one another, wearing down cartilage.
- 3** Stand up straight. Good posture protects the joints in your neck, back, hips and knees.
- 4** Use the big joints. When lifting or carrying, use the largest and strongest joints and muscles. This will help you avoid injury and strain on your smaller joints.
- 5** Pace yourself. Alternate periods of heavy activity with periods of rest. Repetitive stress on joints for long periods of time can accelerate the wear and tear that causes OA.
- 6** Listen to your body. If you are in pain, don't ignore it. Pain after activity or exercise can be an indication that you have overstressed your joints.
- 7** Don't be static. Changing positions regularly will decrease the stiffness in your muscles and joints.
- 8** Forget the weekend warrior. Don't engage in activities for which your body isn't prepared. Start new activities slowly and safely until you know how your body will react to them.
- 9** Wear proper safety equipment. Don't leave helmets and wrist pads at home. Make sure you get safety gear that fits.

May is Arthritis Awareness Month. Take Action. Visit [www.arthritis.org](http://www.arthritis.org)





Woman on the move: Fitness training has helped Michele Melkerson-Granryd cope with osteoarthritis.

## Myth N° 2

*People with arthritis should avoid exercising.*

**FACT** *Exercise is a valuable tool in the fight against arthritis.*

While there are no cures for most kinds of rheumatic diseases, there are ways to ease pain and prevent loss of function in most arthritis patients.

A growing body of research indicates that exercise, weight management and the avoidance of joint injury can go a long way in helping to prevent osteoarthritis. Injuries are a common precursor to arthritis; thus, injury prevention helps hold arthritis at bay, says Dr. White. At the same time, losing just one pound of body weight can eliminate four pounds of stress on the knee. Excess weight may also contribute to the body's production of cytokines, chemicals that trigger the inflammatory process, says Dr. John Hardin, the Arthritis Foundation's vice president of research. In addition to aiding weight loss and keeping cytokines in check, exercise helps keep the muscles and tissues strong so that they can support the joints.

Exercise programs targeted specifically to people with arthritis are available around the country. One example is the Arthritis Foundation's Life Improvement Series program. Offered nationwide in community-based settings such as YMCAs, the program uses gentle exercise to strengthen muscles, improve flexibility, reduce pain

and stiffness, and boost mood and self-confidence. Nationally certified instructors teach classes.

Many kinds of land-based and water-based exercises can be effective therapies for arthritis. The following types of activities are recommended:

### **Strength, Flexibility and Aerobics.**

Moderate physical activity can improve one's health without harming the joints. Strength, flexibility and aerobics classes can be tailored to suit one's fitness level—with exercises that can be done while sitting, standing or on the floor.

**Aquatics.** Water is a safe, ideal environment for relieving arthritis pain and stiffness. Conducted in warm water, aquatic programs allow people with arthritis to exercise without putting excess strain on their joints and muscles.

**Tai Chi.** Tai Chi, particularly Sun-style tai chi, can be an ideal exercise for arthritis because it generally includes agile steps and exercises that don't require deep bending or squatting. Tai chi may improve mobility, breathing and relaxation.

**Walking.** Walking has been shown to boost energy, reduce stress and aid in weight control. The Arthritis Foundation's Walk with Ease program, for example, is based on programs that have been successfully implemented in research settings.

Michele Melkerson-Granryd, a fitness coach from Austin, is a walking testament to the benefits of exercise for people with arthritis. In her 40s, and in the middle of a thriving fitness career, Michele's doctor diagnosed her with osteoarthritis. She had the hips of an 80-year-old, he warned, and should avoid physical activity. But after researching the benefits of exercise for arthritics, she decided to return to fitness training six weeks after hip replacement surgery.

Today, she considers exercise a key component in her recovery. "I know for a fact the days when I don't move, my body hurts more," she says. "And now I have a new niche. I've become a resource for people with arthritis, encouraging them to explore different paths of movement and to find the things that help them feel good."

## Myth N° 3

*A specific diet can cause or cure arthritis.*

**FACT** *There's no magic diet, but research has begun to identify some foods that reduce inflammation.*

The Arthritis Foundation advises patients to be suspicious of any diet that claims to treat or cure arthritis. Still, researchers have established some connections between food and arthritis symptoms.

### FOODS THAT MAY HELP:

**SALMON, TUNA AND OTHER FATTY FISH.** Omega-3 fatty acids found in fatty fish are linked to relief from arthritis pain and joint tenderness. Maintaining the proper proportion of omega-6 fatty acids to omega-3 fatty acids in the diet helps decrease the activity of the Cox-2 enzyme, a substance believed to increase joint inflammation. According to estimates from the University of Maryland Medical Center, the ratio should be in the range of 2:1–4:1 omega-6 to omega-3; however, the diets of most people living in the Western world contain roughly 14 to 25 times more omega-6 than omega-3.

### FRUITS, NUTS, TEA, VEGETABLES AND EVEN CHOCOLATE.

Increasing the amount of plant-based foods can help combat inflammation. That's because these foods contain phytochemicals and antioxidants that are known to decrease Cox-2 activity.

**OLIVE OIL.** Researchers believe that consuming three-and-a-half tablespoons of olive oil daily has a positive effect. It suppresses Cox-2 activity and may control inflammation as effectively as one 200-milligram tablet of ibuprofen.

**VITAMIN D-RICH FOODS.** These include fatty fish, fortified milk, yogurt and egg yolks. Following a diet with the right amounts of vitamin D helps strengthen bone, an important component of joint health.

**STRAWBERRIES.** A study by the Harvard School of Public Health showed that women who ate 16 or more strawberries per week were 14% less likely than non-strawberry eaters to have elevated levels of C-reactive protein, an indicator of inflammation within the body.

### FOODS TO LIMIT:

**PROCESSED, SNACK AND FRIED FOODS, MARGARINES, CORN, SUNFLOWER, SOYBEAN AND SAFFLOWER OILS, SUGARY SODAS.** All of these foods contain high ratios of omega-6 fatty acids, which are associated with greater activity of the Cox-2 enzyme.



**RED MEAT.** Experts believe a possible link exists between eating large amounts of red meat and inflammation. A study published in 2004 by the journal *Arthritis & Rheumatism* showed that people who consumed two or more ounces of red meat each day had more than double the risk of developing rheumatoid arthritis, compared to individuals who ate less than one ounce of red meat each day. The researchers suggested that a substance found in red meat might trigger an immune system response, which could in turn affect the joints.

### ALCOHOL, ORGAN MEATS, SARDINES AND ANCHOVIES.

These foods have been shown to increase the uric acid production connected with gout. They can contribute to high levels of purines, which increase uric acid production.

### THE BOTTOM LINE:

Researchers are continuing to explore how certain foods affect arthritis progression. A diet that goes easy on processed foods and incorporates sufficient nutrients from the fruit and vegetable, dairy and meat/protein food groups, along with plenty of omega-3 fatty acids, is healthy for most people. For arthritis sufferers, eating the right foods and preparing the right menu may help ward off the inflammation that causes damage to the joints.

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## Myth N° 4

*Arthritis isn't a serious health problem.*

**FACT** *Arthritis is the leading cause of disability.*

Viewed collectively, arthritis and rheumatic diseases constitute one of the most common chronic health condition in the United States, touching the lives of one in every five adult Americans and nearly 300,000 children. The disease is also a major cause of work disability. For example, fewer than 50% of rheumatoid arthritis patients younger than 65 who are working at the onset of the disease are still working 10 years later.

The Centers for Disease Control and Prevention (CDC) projects that by 2030, some 67 million Americans will suffer from some form of doctor-diagnosed arthritis. Even now, the disease results in an economic impact of \$128 billion a year by CDC estimates.

But it is the human toll that is most distressing. Chronic pain can be the hardest part of dealing with rheumatoid arthritis, osteoarthritis or another type of related condition. "When you have arthritis, daily life can be filled with many challenges, and ordinary activities you once took for granted can be difficult and painful," says Dr. Wes Cetnarowski, senior vice president for global research and development for Bayer HealthCare's Consumer Care division. Everyday actions such as dressing can be excruciating. But it's important for people with arthritis pain to feel optimistic about their lives and know that there are effective treatment options available. These include naproxen sodium, which can provide all-day pain relief with just two pills.

Arthritis also exacts much psychological pain. Flare-ups can trigger depression and put extreme stress on relationships. A recent survey by Arthritis Care, a nonprofit organization, found that three in five of those surveyed with arthritis said they felt depressed when their pain is at its worst. Some 50% said they felt helpless as a result of arthritis-related pain. That figure rose to 67% among 18- to 34-year-olds, many of whom said that the pain also prevented them from socializing. About 80% of those surveyed said that the people around them do not understand their arthritis pain. Twenty-one percent said nothing makes them feel better when they are in pain.

## Myth N° 5

*Not much can be done for arthritis.*

**FACT** *Relief is available and new treatments are in the pipeline.*

Medications, both over-the-counter and prescription treatments, provide relief for many arthritis patients. Dr. Robin Dore, a rheumatologist in private practice in Tustin, Calif., says the first line of defense is often a nonsteroidal anti-inflammatory drug (NSAID). Naproxen sodium, which can be given in doses that last up to 12 hours, is one commonly prescribed NSAID, as is a combination of enteric-coated naproxen and immediate-release esomeprazole magnesium, an ulcer risk-reducing medication.

New research into the causes and treatment of arthritis has already begun to yield better patient outcomes, says Dr. Hardin. The advent of a class of drugs known as biologic response modifiers, or "biologics" has been "near miraculous" in the treatment of RA, he notes. Biologics include a wide range of med-

icines isolated from natural substances. Certain biologics target components of the immune system that cause inflammation. "These drugs aren't perfect, but for many people they help control the disease," Dr. Hardin says. Researchers are now at work on a new generation of biologics that can, for the first time, be delivered orally.

Caitlin Ryan is one of the patients looking forward to new treatment modalities. Ten years after her first hospitalization, Caitlin is a happy 13-year-old with good friends, good grades and a passion for fashion design. Having undergone two hip replacement surgeries and treatment with biologics, her illness is under control, though she is not always pain-free. Nonetheless, she approaches life with considerable zeal and optimism, sharing her story in the hope that it will inspire other children and encourage the development of more effective treatments. "I can't undo my past," she says, "but if there was something to prevent other kids from getting arthritis, that would be so amazing." ●



Youth  
Ambassador:  
Caitlin Ryan

# Is your arthritis pain medicine putting you at risk for stomach issues?

## Ask your doctor about VIMOVO.

VIMOVO is a prescription medicine that combines a proven arthritis pain reliever with built-in medication that can help protect you from stomach issues common to NSAIDs.

NSAIDs (nonsteroidal anti-inflammatory drugs) can effectively reduce the pain of osteoarthritis. But they may also lead to stomach issues which may keep you from taking the medicine you need.

VIMOVO combines a prescription arthritis pain medication with a built-in medicine that has been proven to reduce the risk of developing stomach (gastric) ulcers.\*

So if you're worried about potential stomach issues with your arthritis pain medication, ask your doctor about VIMOVO.

\* In 6-month clinical studies, compared with enteric-coated naproxen.

Medicine on the outside of VIMOVO helps reduce the risk of stomach ulcers.

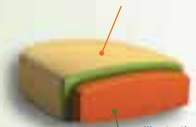


Illustration not actual size.

Medicine on the inside of VIMOVO helps relieve arthritis pain.

Get your VIMOVO prescription for only

**\$10<sup>†</sup>**  
each month

Sign up for a VIMOVO Savings Card today.

† Requires a prescription; subject to eligibility rules; restrictions apply.

Visit [SaveOnVIMOVO.com](http://SaveOnVIMOVO.com)

### Approved Uses for VIMOVO

VIMOVO is approved to relieve the signs and symptoms of osteoarthritis, rheumatoid arthritis, and ankylosing spondylitis, and to decrease the risk of stomach (gastric) ulcers in patients at risk of developing stomach ulcers from treatment with NSAIDs.

VIMOVO is not recommended as a starting treatment for relief of acute pain. Controlled studies do not extend beyond 6 months.

### Important Safety Information

**Like all medications that contain nonsteroidal anti inflammatory drugs (NSAIDs), VIMOVO may increase the chance of a heart attack or stroke that can lead to death. This chance increases with longer use of NSAID medicines, and in people who have heart disease. NSAID-containing medications, such as VIMOVO, should never be used before or after a type of heart surgery called coronary artery bypass graft (CABG). As with all medications that contain NSAIDs, VIMOVO may increase the chance of stomach and intestinal problems, such as bleeding or an ulcer, which can occur without warning and may cause death. Elderly patients are at greater risk for serious gastrointestinal events.**

VIMOVO is not right for everyone, including patients who have had an asthma attack, hives, or other allergic reaction with aspirin or any other NSAID medicine, patients who are allergic to any of the ingredients in VIMOVO, or women in late stages of pregnancy.

Serious allergic reactions, including skin reactions, can occur without warning and can be life-threatening; discontinue use of VIMOVO at the first appearance of a skin rash, or if you develop sudden wheezing; swelling of the lips, tongue or throat; fainting; or problems swallowing.

VIMOVO should be used at the lowest dose and for the shortest amount of time as directed by your health care provider.

Tell your health care provider right away if you develop signs of active bleeding from any source.

VIMOVO can lead to onset of new hypertension or worsening of existing high blood pressure, either of which may contribute to an increased risk of a heart attack or stroke.

Speak with your health care provider before starting VIMOVO if you

- Have a history of ulcers or bleeding in the stomach or intestines
- Have heart problems, high blood pressure, or are taking high blood pressure medications
- Have kidney or liver problems

Review all the medications, even over-the-counter medications, you are taking with your health care provider before starting VIMOVO. Talk to your health care provider about your risk for bone fractures if you take VIMOVO for a long period of time.

The most common side effects of VIMOVO include: inflammation of the lining of the stomach, indigestion, diarrhea, stomach ulcers, abdominal pain, and nausea.

**For further information on VIMOVO, please see the brief summary of full Prescribing Information, including Boxed Warnings on adjacent pages.**

*You are encouraged to report negative side effects of prescription drugs to the FDA.*

*Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.*

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit [www.astrazeneca-us.com](http://www.astrazeneca-us.com)

**Vimovo**<sup>TM</sup>  
(naproxen/esomeprazole magnesium)

375/20•500/20 mg delayed-release tablets

# IMPORTANT INFORMATION ABOUT VIMOVO

Please read this summary carefully. It does not take the place of discussions with your doctor about the full Prescribing Information for VIMOVO and whether this drug is right for you.

## WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT VIMOVO?

VIMOVO, which contains naproxen [a nonsteroidal anti-inflammatory drug (NSAID)] and esomeprazole magnesium [a proton pump inhibitor (PPI)], may increase the chance of a heart attack or stroke that can lead to death. This chance increases

- with longer use of NSAID medicines
  - in people who have heart disease
- NSAID medicines should never be used right before or after a heart surgery called a coronary artery bypass graft (CABG). NSAID medicines can cause ulcers and bleeding in the stomach and intestines at any time during treatment. Ulcers and bleeding**
- can happen without warning symptoms
  - may cause death

**The chance of a person getting an ulcer or bleeding increases with**

- taking medicines called steroid hormones and blood thinners
- longer use
- smoking
- drinking alcohol
- older age
- having poor health

**NSAID medicines should only be used**

- exactly as prescribed
- at the lowest dose possible for your treatment
- for the shortest time needed

## WHAT ARE THE POSSIBLE SIDE EFFECTS OF NSAIDS?

Serious side effects include

- heart attack
- stroke
- high blood pressure
- heart failure from body swelling (fluid retention)
- kidney problems including kidney failure
- bleeding and ulcers in the stomach and intestine
- low red blood cells (anemia)
- life-threatening skin reactions
- life-threatening allergic reactions
- liver problems including liver failure
- asthma attacks in people who have asthma

Other side effects include

- stomach pain
- constipation
- diarrhea
- gas
- heartburn
- nausea
- vomiting
- dizziness

**Get emergency help right away if you have any of the following symptoms**

- shortness of breath or trouble breathing

- chest pain
  - weakness in one part or side of your body
  - slurred speech
  - swelling of the face or throat
- Stop your NSAID medicine and call your health care provider right away if you have any of the following symptoms**

- nausea
- more tired or weaker than usual
- itching
- your skin or eyes look yellow
- stomach pain
- flu-like symptoms
- vomit blood
- there is blood in your bowel movement or it is black and sticky like tar
- skin rash or blisters with fever
- unusual weight gain
- swelling of the arms and legs, hands and feet

These are not all the possible side effects with NSAIDs.

## WHAT IS VIMOVO?

VIMOVO is a prescription medicine used to

- relieve signs and symptoms of osteoarthritis, rheumatoid arthritis, and ankylosing spondylitis
- decrease the risk of developing stomach (gastric) ulcers in people who are at risk of developing gastric ulcers with NSAIDs

It is not known if VIMOVO is safe or effective in children under the age of 18.

## WHO SHOULD NOT TAKE VIMOVO?

**Do not take VIMOVO**

- If you had an asthma attack, hives, or other allergic reaction after taking aspirin or other NSAID medicine
- If you are allergic to any of the ingredients in VIMOVO
- If you are allergic to any other PPI medicine
- For pain right before or after heart bypass surgery
- If you are in the third trimester of pregnancy

## WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE TAKING VIMOVO?

**Before you take VIMOVO, tell your health care provider about all your medical conditions and all the medicines you take, including prescription and non-prescription, vitamins, and herbal supplements. Talk to your health care provider before taking any other NSAID-containing products.**

- Using VIMOVO with other medicines can cause serious side effects
- Talk to your health care provider if you are pregnant or breast-feeding.

**NSAID medicine should not be used by pregnant women late in their pregnancy**

## HOW SHOULD I TAKE VIMOVO?

- Take VIMOVO at least 30 minutes before a meal
- Swallow VIMOVO tablets whole with liquid. Do not split, chew, crush, or dissolve the VIMOVO tablet
- You may use antacids while taking VIMOVO
- Do not change your dose or stop VIMOVO without first talking to your health care provider
- If you forget to take a dose of VIMOVO, take it as soon as you remember. If it is almost time for your next dose, do not take the missed dose. Take the next dose on time. Do not take 2 doses at one time to make up for a missed dose
- If you take too much VIMOVO, tell your health care provider, go to the closest hospital emergency room right away, or call your Poison Control Center at 1-800-222-1222

## WHAT ARE THE POSSIBLE SIDE EFFECTS OF VIMOVO?

**Serious side effects may include**

- **High blood pressure**
- **Heart problems** such as congestive heart failure, heart attack, or stroke

- **Active bleeding**
- **Serious allergic reactions**
- **Serious skin reactions**
- **Liver problems**
- **Bone fracture**

Tell your health care provider or get emergency help right away if you have any of the following symptoms

- chest pain, weakness, or slurred speech
- trouble breathing or wheezing
- swelling of face, throat, or body
- severe skin blisters or peeling
- blood in your bowel movement or it is black and sticky like tar
- yellowing of skin or eyes

The most common side effects of VIMOVO include

- inflammation of the lining of the stomach
- indigestion
- diarrhea
- stomach ulcers
- stomach pain
- nausea

These are not all the possible side effects of VIMOVO. Call your health care provider for medical advice about side effects.

You may report side effects to the FDA at 1-800-FDA-1088.

## OTHER INFORMATION ABOUT NONSTEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)

- Aspirin is an NSAID medicine but it does not increase the chance of a heart attack. Aspirin can cause bleeding in the brain, stomach, and intestines. Aspirin can also cause ulcers in the stomach and intestines
- Some of these NSAID medicines are sold in lower doses without a prescription (over-the-counter). Talk to your health care provider before using over-the-counter NSAIDs for more than 10 days

**NSAID medicines that need a prescription**

Generic Name	Trade Name
Celecoxib	Celebrex
Diclofenac	Cataflam, Voltaren, Arthrotec (combined with misoprostol)
Diflunisal	Dolobid
Etodolac	Lodine, Lodine XL
Fenoprofen	Nalfon, Nalfon 200
Flurbiprofen	Ansaid
Ibuprofen	Motrin, Tab-Profen, Vicoprofen* (combined with hydrocodone), Combunox (combined with oxycodone)
Indomethacin	Indocin, Indocin SR, Indo-Lemmon, Indomethagan
Ketoprofen	Oruvail
Ketorolac	Toradol
Mefenamic Acid	Ponstel
Meloxicam	Mobic
Nabumetone	Relafen
Naproxen	Naprosyn, Anaprox, Anaprox DS, EC-Naproxyn, Naprelan, VIMOVO
Oxaprozin	Daypro
Piroxicam	Feldene
Sulindac	Clinoril
Tolmetin	Tolectin, Tolectin DS, Tolectin 600

\*Vicoprofen contains the same dose of ibuprofen as over-the-counter (OTC) NSAIDs, and is usually used for less than 10 days to treat pain. The OTC NSAID label warns that long-term continuous use may increase the risk of heart attack or stroke.

For more information, call 1-800-236-9933 or go to [www.VIMOVO.com](http://www.VIMOVO.com)

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